Holiday Home Safety

Community Health Nurse

Objectives

- Prevent home accidents related to holidays
- Awareness of hazards around the home
- Toy buying/shopping safety
- Food safety

Each year in the U.S….

- 1,300 people are injured by holiday lights
- 6,200 people are injured by holiday decorations and Christmas trees
- 510 fires are stared by holiday lights
- 400 fires involve Christmas trees
- Candles are a major cause of fire-

Shopping hazards

- 110,000 children under 15 are treated for toy-related injuries (half are children under age 5)
- 21,000 children under age 5 are treated for injuries from shopping carts

Deck the halls safely

- Keep trees and greenery away from fireplaces and radiators
- Do not allow trees and greenery to dry out
- Check lights for frayed wires, broken bulbs and loose connections
- Never run cords or string lights behind drapes or under carpets

Deck the halls….

- Keep candles away from decorations and drapes
- Place candles out of the reach of children and where pets can’t knock them over
- Blow out all candles before going to sleep or leaving the house
- Install smoke detectors and CO alarms

Deck the halls…

- Avoid sharp or breakable decorations around small children
- Avoid decorations that look like candy or food--children may be tempted to eat them
- Keep holiday plants away from children and pets (Mistletoe, holly berries, Christmas cactus and poinsettias)

Children & Holiday Dangers

- Poisoning
  -plant poisoning
  symptoms include: rashes, nausea, vomiting and diarrhea
  -alcohol poisoning: remove all empty or partially empty cups promptly, be aware of candy that contains alcohol
  -bubble lights contain

Children & Holiday Dangers

- Choking and Swallowing
  -angel hair
  -peanuts and popcorn should not be given to children under age 4
  -tree ornaments, light bulbs, icicles, tinsel, and small toys are potential hazards
  -tree needles can cause painful cuts in the mouth and throat if

The joy of giving…

- Select toys that are age appropriate (toys on the economy may not be marked)
- Children under age 3 toys should not be given toys that contain small or metal parts or toys that break easily
- Children under age 8 should not be given toys that have sharp edges, points, or heating elements

The joy of giving…

- Remember to include safety equipment/gear when giving bicycles, skates, or skateboards
- Do not throw gift wrap into the fireplace as it can cause a flash fire
- Dispose of all packaging right away to prevent suffocation and choking hazards

Over the river…

- Remember that the homes you visit may not be child-proofed
- Ask to move dangerous and breakable objects from your children’s reach
- If pets are present, let the dog sniff you before you try to pet it and NEVER leave your child alone with the dog

Eat, drink and be safe

- When hosting a party remember to follow these basic safety rules to prevent injury -turn handles of pots and pans inward -use back burners whenever possible -keep knives and sharp utensils away from children

  -place hot food and drinks away from table edges

Eat, drink, and be safe

- Offer plenty of nonalcoholic drink alternatives, keep all drinks away from children
- Place candy (alcohol), chocolate, and other treats out of the reach of children
- Clean up right after the party to prevent food poisoning and choking hazards

Eat, drink and be safe

- Use caution when buying food
  - -buy perishable food last
  - -do not allow juices from meat, seafood, poultry, and eggs to drip on other foods
  - -take food home right away

Eat, drink,and be safe

- Store food properly
  -refrigerator set at 40 degrees -freezer set at 0 degrees
  -clean and disinfect regularly
  -use containers to prevent contaminating other foods or kitchen surfaces
  -store foods as directed

Eat, drink and be safe

- Precautions for storing and cooking food -wash your hands and kitchen surfaces before, during and after preparing food
  -wash raw fruits and vegetables before eating them
  -defrost frozen food in refrigerator or microwave, not on the counter
  -cook food immediately after

Eat, drink and be safe

- Cooking Guidelines
  -cook eggs until they are firm and not runny -cook poultry until internal temp is 180 degrees

  -cook fish until white and flaky
  -cook meat until it is brown in the center
- Promptly cool and store any leftovers!! (within 2 hours of

Home First Aid Kit

- Necessity in every home and car (pet first aid kits also available)
- Be sure to bring one along when you are traveling!
- Red Cross Office in Wuerzburg has first aid books for people and pets as well as CPR masks available

First Aid kit Contents

- First aid manual
- Hydrocortisone cream
- sterile gauze
- appropriate pain reliever/fever reducer
- adhesive tape
- tweezers
- adhesive bandages
- sharp scissors
- antiseptic wipes
- safety pins
- soap
- instant cold packs
- antibiotic cream
- calamine lotion
- antiseptic solution

First Aid Kit Contents Cont.

- Alcohol wipes
- thermometer
- plastic gloves
- flashlight with extra batteries
- mouthpiece for administering CPR

List of emergency phone numbers:
-Ambulance
-Police/Polizei
-Emergency Room
-Poison Control (06371-867070)
-Red Cross

After you stocked your first-aid kits:

- READ the manual so you'll know how to use the contents in an emergency
- Store out of reach of children but where it is easily accessible to adults
- Check kits regularly (when you change the batteries in your smoke detector)

Happily and Safe Holidays from

Community Health